

Hawai'i Coalition for Dads

Hawai'i Dads (Makua kàne)

Vol. 4, No. 1 • 2007

Support funding SCF and making it a permanent Commission

State Commission on Fatherhood legislative bills

Please give your support for 2 bills that make the State Commission on Fatherhood (SCF) a permanent Commission (SB 249) and fund (for the first time) minimal SCF staff (SB 248). These bills are moving through the 2007 Legislature. You can print out the SCF bills, get hearing notices, and track the bills' status at: www.capitol.hawaii.gov/site1/docs/docs.asp#hrs. For information on the State Commission on Fatherhood go to: www.hawaii.gov/dhs/fatherhood/fatherhood.

~HI Dads~

June is Fathers Month in Hawai'i:

CELEBRATE FATHERS Day at Windward Mall—Saturday, June 16, 2007; 11 - 3

Join in the Hawai'i Coalition for Dads' 9th Annual CELEBRATE FATHERS Day at Windward Mall on Saturday, June 16, 2007 from 11 - 3 p.m. The Celebration will include a Father-Child Look-Alike contest as well as entertainment, fun activities, information tables, and National Fatherhood Initiative *Golden Dads* gift bags.

VOLUNTEER to staff HCD info tables at Pearlridge—Every weekend in June

Volunteer to help the Hawai'i Coalition for Dads and the Navy Fleet and Family Support Center staff info tables at the "Robots" Interactive Exhibition every Friday, Saturday and Sunday in June 2007 at Pearlridge Center Uptown and Downtown. Call Chet Adessa, 474-1999, ext. 6102 to volunteer.

~HI Dads~

Men's Health Week—June 11-17, 2007

Men's Health Week is held each year to give individuals, health care providers, public policy makers, and the media an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

The response has been overwhelming with hundreds of awareness activities in the USA and around the globe. For a partial list of activities go to: www.menshealthweek.com.

And...just in time for June, a new publication is available online from Men's Health Week, *Blueprint for Men's Health: A Guide to a Healthy Lifestyle*.

~HI Dads~

**MEN WHO CHANGE DIAPERS
CHANGE THE WORLD**

www.hmhb-hawaii.org

*This bumper sticker is available from Healthy Mothers, Healthy Babies Coalition of Hawai'i:
808/951-5805; info@hmhb-hawaii.org.*

*Joint Custody & Shared Parenting***The Best Parent Is Both Parents**

It's safe to say that we all want what's best for our children. During the difficult times of separation and divorce, unresolved issues can destroy relationships, and children can suffer.

When it is truly in the best interest of the child; when both parents can furnish a child with a safe, caring, nurturing environment; when a child's life won't be disrupted, for example, by the child having to attend more than one school because parents live too far away from each other, shared parenting can offer lasting benefits for everyone.

To see the importance of shared parenting, consider how you, as an adult, would feel if you could see your children only four days a month. Like most parents, you would miss them terribly, even with your adult level of emotional maturity. Children, with their fragile, still-developing emotions, often suffer much more. Children naturally love and need both parents. Sadly, most children of divorce see their non-custodial parent only four days a month.

Not surprisingly, sole custody can result in serious problems for children. Children raised in single parent families are at greater risk for juvenile delinquency, teen pregnancy, poor grades, drugs, dropping out of school, and other trouble. These risks occur even after factoring in differences in income. In fact, risks are even higher in step families, despite their significantly higher income.

Research shows that the lack of involvement by both natural parents is a primary cause of these risks. Here's what the U.S. Dept. of Health and Human Services has to say: **"More than a quarter of American children—nearly 17 million—do NOT live with their father.**

"Girls without a father in their life are two and a half times as likely to get pregnant and 53% more likely to commit suicide. **Boys without a father** in their life are 63% more likely to run away and 37% more likely to abuse drugs. "Both girls and boys are twice as likely to drop out of high school, twice as likely to end up in jail and nearly four times as likely to need help for emotional or behavioral problems" (HHS Press Release, 3/26/99).

The phrase "two heads are better than one" is old fashioned wisdom, but it reflects the thought behind the Children's Rights Council's slogan that "the best parent is both parents." The U.S. is moving quickly in the direction of shared parenting...because the age-old truth that children are born with, need, and love both parents is being rediscovered.

The first joint custody statute was passed in Indiana in 1973, and since then shared parenting has become legal in all 50 states. Today, a presumption or preference for joint custody exists in at least 30 states plus the District of Columbia.

Federal data shows that the states with the **most shared parenting, such as Connecticut, Kansas, and Montana,** subsequently had the **lowest divorce rates.** Shared parenting helps provide emotional stability for children by promoting the involvement of both parents.

There are two aspects to shared parenting in divorce: **joint legal custody—which refers to shared decision-making** responsibility between divorced parents, and **joint physical custody—which provides children with a more** balanced residential arrangement than was allowed under sole custody.

Source: Children's Rights Council of Hawai'i in relation to Hawai'i Legislature's SCR 52 Task Force, which has been working on ways to improve the family-friendliness of Hawai'i's Family Courts (see also: www.gocrc.com).

~HI Dads~



This bumper sticker is available from Mental Health America of Hawai'i: 808/521-1846; info@mentalhealth-hi.org.

Building "EQs" (Emotional Quotients)**Top ten ways to raise emotionally intelligent kids**

Having a high level of emotional intelligence in your children is the best way to ensure that they live a happy, successful, and responsible life as an adult. Here are ten ways to help your kids attain a high degree of emotional intelligence:

1. **Model emotional intelligence yourself.** Yes, your kids are watching very closely. They see how you respond to frustration, they see how resilient you are, and they see whether you're aware of your own feelings and the feelings of others.
2. **Be willing to say "no" to your kids.** There's a lot of stuff out there for kids. And your kids will ask for a lot of it. Saying "no" will give your kids an opportunity to deal with disappointment and to learn impulse control. To a certain degree, your job as a parent is to allow your kids to be frustrated and to work through it. Kids who always get what they want typically aren't very happy.
3. **Be aware of your parental "hotspots."** Know what your issues are—what makes you come unglued and what's this really about? Is it not being in control? Not being respected? Underneath these issues lies a fear about something. Get to know what your fears are so you're less likely to come unglued when you're with your kids. Knowing your issues doesn't make them go away, it just makes it easier to plan for and to deal with.
4. **Practice and hone your skills at being non-judgmental.** Start labeling feelings and avoid name-calling. Say, "he seems angry," rather than, "what a jerk." When your kids are whiny or crying, saying things like "you seem sad" will always be better than just asking them to stop. Depriving kids of their feelings will only drive them underground and make the feelings stronger.
5. **Start coaching your kids.** When kids are beyond the toddler years, you can start coaching them to help them to be more responsible. Instead of "get your hat and gloves," you can ask, "what do you need to be ready for school?" Constantly telling your kids what to do does not help them to develop confidence and responsibility.
6. **Always be willing to be part of the solution.** See yourself as helping find a solution to every problem that comes along. If your child makes a mistake, remember how crucial it is for you to have a calm, reasoned response. When parents overreact, the mole hill can become a mountain.
7. **Get your kids involved in household duties at an early age.** Research suggests that kids who are involved in household chores from an early age tend to be happier and more successful. Why? From an early age, they're made to feel they are an important part of the family. Kids want to belong and to feel like they're valuable.
8. **Limit your kids access to mass media mania.** Young kids need to play, not spend time in front of a screen. To develop creativity and problem-solving skills, allow your kids time for free play. Much of what the mass media teaches your kids is about consumerism, sarcasm, and violence. What your kids learn from you and from free play with others will provide the seeds for future emotional intelligence.
9. **Talk about feelings as a family.** State your emotional goals as a family. These might be "no yelling," "no name-calling," "be respectful at all times," etc. Families that talk about their goals are more likely to be aware of them and to achieve them. As the parent, you then have to "walk the talk."
10. **See your kids as wonderful.** There is no greater way to create emotional intelligence in your child than to see them as wonderful and capable. One law of the universe is, "What you think about expands." If you see your children as wonderful, they'll be "wonderful." If you think about your child as a problem, you'll get a lot of problems.

Having a high IQ is nice, but having a high "EQ" is even better. Make these ten ideas daily habits and you'll give your kids the best chance possible to be happy, productive, and responsible adults.

SpankOut Day USA ~ April 30th

Raising Good Kids Without Hitting

All caregivers of children are urged to recognize SpankOut Day USA on April 30th by not using corporal punishment and by instituting positive discipline methods. EPOCH-USA (End Physical Punishment of Children) sponsors SpankOut Day to advocate the use of non-violent child-rearing practices that help develop caring, responsible, self-disciplined adults.

The effectiveness of corporal punishment as a discipline measure is unsupported by research, sometimes leads to injury, alienates caregivers and children, and contributes to the cycle of physical violence in our society by teaching that it is acceptable to hit people, including those we love, who are weaker and smaller than we are.

A circular logo with a grey background. Inside the circle, the text "SpankOut" is in red, "Day USA" is in red, and "April 30th" is in red. The text is bold and sans-serif.

**SpankOut
Day USA
April 30th**

Ten Guidelines for Raising a Well-Behaved Child

1. **Whenever possible, teach rather than punish.** The goal of discipline is to teach children acceptable behavior. Hitting children does not teach acceptable behavior, it teaches children that "might makes right" and hitting is a way to solve problems.
2. **View children's misbehavior as a mistake in judgment.** Your job is to teach children how to improve their judgment and behave in more acceptable ways.
3. **Whenever possible, make consequences relate to misbehavior.** If a child hurts someone's feelings, the child ought to apologize. If the child makes a mess, he/she ought to clean it up.
4. **Set rules for behavior, but make sure there are just a few important ones, and that they are reasonable and appropriate to the child's age and development.**
5. **Make sure that consequences for misbehavior are reasonable and clear.**
6. **Don't argue or nag children about rules.** If a rule is broken, remind the child of the rule and the consequence for not following the rule. When you ask a child to do something, speak in a firm, calm voice and repeat the request only once.
7. **If your child has many behaviors which concern you, don't try to change all of them at once.** Choose one behavior of concern. Explain why the behavior is a problem. Provide consequences for misbehavior which you and your child can agree on ahead of time, and praise the desired behavior when your child demonstrates it.
8. **Distract infants and toddlers when they are doing something you don't like, or remove them from the situation.** Infants and toddlers do not understand right and wrong and should not be hit or shaken.
9. **Use good manners when talking to children about their behavior.** Be sure to use "I'm sorry," "May I?" and "Excuse me" when they are appropriate. Be a good model for your children in your speech and actions.
10. **Catch your child being good!** Your praise or hug will increase appropriate behavior.

Source: SpankOut Day USA (www.stop hitting.com).

~Hi Dads~

FATHER FACT

A MasterCard survey found that close to 85% of fathers polled said
"the most priceless gift of all" was time spent with family.

Source: Harper, Jennifer. "Americans Celebrate Dad Today in All of His Different Guises,"
Washington Times, June 18, 2000: C1.

~Hi Dads~

What to say instead of "NO!"

"That's dangerous!" "That's dirty." "It will break."

"I'm tired. Please stop." "I don't like that." "People are not for hitting."

"That's not safe." "The dog might bite." "Let's go over here instead."

"The car could hit you if you go out into the street."

"I get scared when you play with wires because you could get hurt."

"I don't want to have to clean that up."

The important thing is to tell your child exactly what the situation is. "No" doesn't tell the child much. Tell your child how their action will affect them, or how it will affect you. Telling your child how it affects you is called an "I" message. The basic formula for the "I" message is:

"I feel (scared, worried, irritated, etc.) **when** (you climb up high, you hit baby, there's noise, etc.) **because** (you could fall and get hurt, it hurts baby, I'm in a bad mood, etc.) . **I want you to** (climb only on the couch, touch the baby gently like this, play quietly, etc.) ."

REMEMBER: If you say "No," your child will learn to say "No." If you tell your child exactly what the situation is, your child will learn about that situation and your feelings about it. They will learn to talk. They will learn to express their feelings—and to recognize how others are feeling.

Adapted from information from Parents And Children Together's Hana Like Home Visitor Program

~HI Dads~

Support the Hawai'i Coalition for Dads.

Help promote involved, nurturing, responsible fatherhood in Hawai'i.

☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.

☐ I would like to volunteer to help; contact me.

☐ Here is my contribution. \$ _____

~ Your donations are tax-deductible. ~

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make your check payable to: **Hawai'i Coalition for Dads/PACT**

...and send it to: 1485 Linapuni St. #105

Honolulu, Hawai'i 96819

Phone: 841-2245

E-mail: HawaiiDads@pacthawaii.org

Hawai'i Coalition for Dads

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GOALS:

1. To increase community awareness about fatherhood.
2. To promote the availability and accessibility of quality, father-centered community resources.
3. To advocate for informed public policy regarding fatherhood.
4. To strengthen community collaboration in support of fatherhood.
5. To respect and honor everyone's unique role in children's lives.

The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations (including *Alu Like, eventions, inc., Family Support Services of West Hawai'i, Good Beginnings Alliance, Head Start agencies, Kamehameha Schools, Kathy's Parenting Solutions, Mediation Center of Molokai, PACT Hana Like Home Visitor Program, PARENTS, Navy Fleet & Family Support Center, State Commission on Fatherhood, and The Institute For Family Enrichment*) that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

Fatherhood & Family Resources

1. **Hilo**: Hawaii Island YWCA (Healthy Start) (961-3877)
2. **Kailua-Kona**: Family Support Services of West Hawai'i (326-7778; fsswh.org)
3. **Kaua'i**: Nana's Place/Child and Family Service (338-0252; cfs-hawaii.org)
4. **Maui**: Maui Economic Opportunity (Head Start; BEST Reintegration Program (249-2990; meo.org))
5. **Molokai**: Mediation Center of Molokai (553-3844)
- Oahu (and statewide):**
6. TIFFE (Nurturing Fathers; Playgroups) (596-8433; tiffe.org)
7. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; pacthawaii.org)
8. Navy Fleet & Family Support Center (Boot Camp For New Dads) (473-4222; greatlifeohawaii.com)
9. PARENTS (Confident Parenting Classes) (235-0488);
10. Kathy's Parenting Solutions (352-3303)
11. The Baby Hui (groups for Dads, and Moms) (735-2484; thebabyhui.org)
12. The Parent Line (Info & Referral) (526-1222; theparentline.org)
13. AUW – 211 (auw.org/211)
14. HPIRC (HI Parental Information & Resource Centers) (841-6177; hawaiiipirc.org)
15. Dept. of Ed. Family Support (PCNC; R.E.A.L.; PEI) (State office: 735-8250; sssb.k12.hi.us)
16. SPIN (Special Parent Information Network) (586-8126; spinhawaii.org)
17. Big Brothers Big Sisters (support for single dads and moms) (521-3811; bigshonolulu.org)
18. Good Beginnings Alliance (Playgroups) (531-5502; goodbeginnings.org)
19. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; tutuandme.org)
20. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; qlcc.org)
21. ALU LIKE (Hawaiian families) (535-6700; alulike.org)

Religious resources: Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links," too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Nurturing Father** (nurturingfathers.com)
4. **Nat'l Fatherhood Initiative** (fatherhood.org)
5. **Boot Camp For New Dads** (newdads.com)